#### • day's ACTIVITIES include •

8:00 am Music, entertainment and free screenings beside the Hoosier Lottery Grandstand

8:40 am Warm-up exercises

8:50 am Opening remarks by Mrs. Daniels

9:00 am Walk begins around the outside of the State

Fair Track of Champions

9:30 am Walk concludes in front of the Hoosier Lottery

Grandstand under the red balloon arch

Door Prize Winners announced

Light breakfast available for participants

Visit the Clarian Healthy Lifestyles Pavilion to learn more about your health coordinates

and enter to win prizes!

AFTER THE WALK BE SURE TO STAY AND ENJOY ALL THE FUN THE STATE FAIR HAS TO OFFER!

#### • other Fun Fair activities •

All Day Celebrating Indiana Communities - Toyota

**Exposition Hall** 

All Day Indiana Space Travels - Grand Hall

6:50 am Hot Air Balloon Race presented by Indiana

Propane Gas Foundation - Best Way

Disposal Infield

9 am-3 pm Traditional Arts Indiana State Fair Fiddle

Contest - Pioneer Village Opry House Stage

9 am-6 pm Visit the Clarian Healthy Lifestyles Pavilion

for Free Health Screenings, Family Fun &

Prizes

Noon, 2 Stars of Peking Acrobats - Riley Fun Park & 4 pm

5 pm Colgate Country Showdown - WFMS Free

Stage

7:30 pm Keith Urban with Jason Aldean - Hoosier

Lottery Grandstand

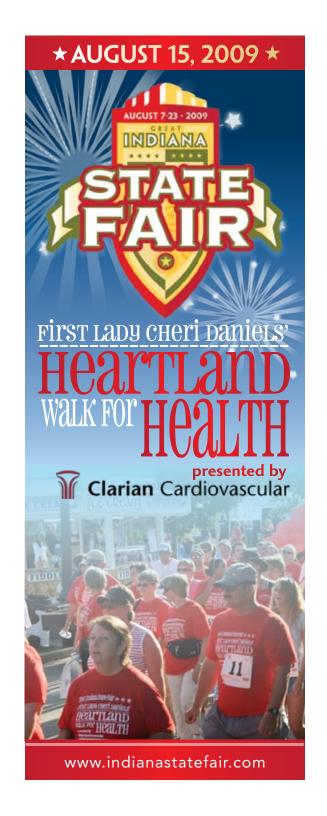
## Clarian Cardiovascular

# Take Care of Your Heart

- Stay active
- Watch your weight
- Watch your salt intake
- Stop smoking
- Take medications as ordered
- Report shortness of breath or fatigue to your doctor

Take a FREE heart evaluation at ACallToChange.org







Please join me at the Indiana State Fair on Saturday, August 15, 2009 for the fifth annual Heartland Walk for Health presented by Clarian Cardiovascular. Start your morning with a two-mile stroll around

Name:

the Fairgrounds and learn tips on how to live a hearthealthy life, then stick around for a fun-filled day at the Indiana State Fair!

Cheri Daniels
First Lady of Indiana



#### TO REGISTET ONLINE:

#### Go to www.kenlongassoc.com

Click on the "Heart to Heart" logo and follow instructions.

#### ALL PARTICIPANTS WILL receive:

- · Commemorative T-Shirt
- State Fair participation ribbon
- Bottled water
- · State Fair "goodie bag"
- \* A registration fee of \$7 will be charged to include gate admission to the Indiana State Fair. Tickets will be mailed directly to participants. Walk ups will be accepted.

## TO REGISTER BY MAIL

### First Lady Cheri Daniels' Heartland Walk for Health

presented by: **Clarian** Cardiovascular

Address:		County:	
City:	State:	Zip:	
Phone: (work)	(cell)	(home)	
E-mail address:			
Emergency Contact:			
Phone: (work)	(cell)	(home)	
Number of Fair  Mail registration for First Lady Chemical Section 1.	eartland Walk for Health, so I net tickets at \$7 each	_ = \$ \$ ur check or credit card informath presented by Clarian Cardiovase	INDIANA STATE FAIR  mation to: cular •
Make check payable to: Ken Loi	ng & Associates		
Credit Card Information			
Circle one: American Exp	pressMasterCard Visa		
Card Number		Exp. Da	te
Card Holder			
Signature			
	check or credit card informat t(s) on or before August 10 <sup>th</sup> .	•	etails and your
Would you like to receive he	art health information for wome	en hy e-mail? Yes	No